

The KITCHEN CABINET



Give yourself last. Drink deep. The pictured syndrome of selfishness. —Edwin Arnold.

SEASONABLE DISHES.

Try a cream of soup with a cup of grated cheese added just before serving. Such a soup is sufficiently nourishing, with a little bread, for a well balanced meal.

Parmaise make a good soup if carefully made, adding a cup of the pulp put through a sieve to a cream or milk soup.

A most attractive salad is one prepared with celery hearts cut crosswise, tips of blanched asparagus and a few strips of canned red pepper (pimiento). Serve with French dressing on lettuce leaves.

Nut Muffins.—Mix and sift together one and a half cups of flour, a teaspoonful of salt and three teaspoonfuls of baking powder, a tablespoonful of sugar. Beat until light one egg, add three-fourths of a cup of milk and stir it into the flour mixture. Beat well, then add a half cup of broken walnut meats and three tablespoonfuls of melted butter. Fill buttered muffin pans two-thirds full and bake.

A new way of keeping bread and cake fresh is to use a wet sponge in the box. Lay the sponge in a saucer so that it will not come in contact with the bread.

German Almond Cookies.—Beat the yolks of six eggs until lemon colored; add a cup and a half of sugar beaten to a cream with three-fourths of a cup of softened butter. Add a cup of blanched and chopped almonds, a tablespoonful of cinnamon and three cups of flour. Beat hard and drop by spoonfuls on a buttered sheet, putting an almond on the top of each cake. Bake in a moderate oven.

Baked Corn With Minced Meat.—Take two cups of corn, add a cup of minced meat, chicken or any that is at hand, add a half cup of milk, an egg well beaten, salt and pepper and cover with bread crumbs, and bake.



WHEN a man will trust his wife with his name, his honor and his children and will not trust her with his purse, it is easy to see on which he puts the highest value.

SOME HOT DISHES FOR COLD NIGHTS.

There is nothing more satisfying and warming on a damp, chilly night than a good bowl of hot soup. Cream soups of different kinds may be had every night in the week, and the variety not run out.

One may have tomato bisque, thickening the cream of tomato for a change, or potato with a little onion and milk makes a most appetizing soup.

Another favorite dish is: Spanish Rice.—Into a buttered baking dish put a layer of cooked rice, sprinkle with finely cut broiled ham, or fried ham, a sprinkling of onion grated and seasoning of red and green pepper, chopped, salt and then another layer of rice. Pour over a generous amount of tomato, and bake until thoroughly heated through. The seasoning of this dish will make or mar it.

Southern Rice.—Melt a tablespoonful of butter in a frying pan, add a clove of garlic and a large chopped onion, a cup of washed rice. Keep stirring the rice until it is slightly brown and crisp. Then add a cup of tomato and fill the pan with boiling water. Cook until the rice is tender without stirring if possible, as each grain will stand out by itself.

Chicken Stew.—Cut up a chicken with a clove of garlic and two small onions; cook until half done, then add the following sauce: Melt two tablespoonfuls of butter in a frying pan; add a tablespoonful of flour and a generous sprinkling of cayenne. When well cooked add salt and a cup of tomatoes; stir and cook, adding salt and sage, if liked.

Poached eggs are very nice for a supper dish with the above sauce.

A mixture of lard and suet makes a very desirable fat for almost all uses that lard would be used for. The soft beef fat is the best.

March.



IT IS HARDLY few are they who "in stormy month, in peace of these" "Yes, though the winds are loud and bleak, Thou art a welcome month to me." —Byron.

PAPER BAG DISHES.

For those who delight in the flavor of fish, there is no more agreeable way of serving them than when cooked in a paper bag. The bag must not be an ordinary, but one made for

the purpose of the tough fiber paper especially prepared for such cooking.

One might have a paper supper, paper table cover or doilies and napkins, paper candlesticks and shades, paper favors and paper flowers for decoration. This would be especially appropriate for a paper wedding anniversary.

The cocktail may be served in tiny paper bags torn open to show their contents, the salad in paper cases and the meat and fish in individual bags, piping hot, or a larger bag with the whole serving on a platter.

Hallbut seasoned with tomato, lemon juice and butter will come out after fifteen minutes in a hot oven, swimming in its own juices and most delicious to the taste.

Apple dumplings baked in a paper bag are elevated from a common dish to a creation. Served with a sauce made of half a cup of softened butter, a cup of powdered sugar, a teaspoon of vanilla and half a cup of whipped cream, if it is handy, will be ambrosia fit for the gods.

Galsbury Steaks.—Put round steak three times through the meat chopper, to have it well cut; mix with melted butter, salt and lemon juice, using one's own taste in regard to the amount used and depending upon the amount of meat. Put out into long flat cakes and put into a well-greased paper bag to bake just ten minutes in a hot oven. Serve with baked potatoes.

Green bananas unpeeled, adding a little water to the bag, will bake nicely in twenty to twenty-five minutes and are a delicious accompaniment to the steaks with a little lemon and melted butter poured over them.

When baking small fillets of meat or biscuits, a gridle cake turner is an indispensable utensil to putting things into the bags for cooking.



HELPFUL HINTS FOR THE BUSY HOUSEWIFE.

A most delicious tapioca pudding is made with canned pears for an accompaniment.

A few prunes or cherries are an addition to a tapioca pudding.

When making pastry, handle with as little moisture as possible; the more crumbly it is the more flaky it will be.

When putting on the top crust, just after rolling out, spread it with lard and sprinkle with flour and pat it in, then sprinkle with cold water just before putting into the oven. It will puff up and be very much flakier than usual.

In rheumatism the great remedy is elimination, getting rid of the poisons which go back into the system and should be thrown off.

Put five or six sheets of paper in the bottom of a fruit cake pan before baking the cake, and it will be much nicer, as the long baking tends to make a hard crust, which is not allowed to form with the paper as a protection.

A most appetizing dish to be served either for supper or luncheon is potatoes and bacon. Put a layer or two of thinly-sliced potatoes in a buttered bakish dish and pour over a thin white sauce or simply milk with a little seasoning of salt, pepper and butter.

Lay over the top a few slices of nice bacon and set into the oven to bake for an hour or longer, depending upon the thickness of the potatoes. Serve from the dish, as it looks almost as good as it tastes.

Whole wheat right from the granary, which can be bought for two cents a pound. If cooked until soft and the grains well cracked, makes an ideal breakfast food for a growing child, or in fact anybody, for with cream and a bit of sugar it is a meal in itself. Children should not be allowed much sugar on breakfast foods; none is better for most children; and if they never have it they will not miss it. Soak the wheat after bruising it, if desired to crack the grains, then put it on to cook for a half a day. A fireless cooker is a fine place to cook whole wheat.

A hundred calorie portion of puffed wheat, for which we pay a cent and a quarter, has no more nutriment in it than the same amount of whole wheat, which costs a sixth of a cent.

Nellie Maxwell.

Mission of the Newspaper.

It is my hope, my ambition that the independent newspapers of the United States shall become, as the years roll on, more and more truly apostles of an industrial peace, not only for the sake of the highest and best development of this nation, but for the advancement of liberty, justice and enlightened Democratic government throughout the world.—Samuel Bowles, editor the Springfield Republican.

Must Have Faith. To believe a business impossible is the way to make it so.—Wade.

HARD QUESTION FOR MOTHER

Inquisitive Little One Bought Information That Has Puzzled the Wisest of Men.

Four-year-old Dorothy, being in a thoughtful mood, wished to know what she would be when she grew up. Her mother told her she would be first a young woman, then perhaps a married woman, an old woman, a grandmother and a great-grandmother.

"And after great-grandmother, what?" Dorothy inquired.

"Then you will die. Your soul will go to heaven to live forever, and the rest of you will be put under the soft grass and flowers."

"Oh!" said Dorothy, and asked no more questions at the time. When her mother was undressing her for bed that night, and the rosy little figure stood uncovered, Dorothy said eagerly:

"Mother, will you show me just what part of me will go to heaven to live forever, and what goes under the flowers?"—Lippincott's Magazine.

"WHY SHOULD I USE CUTICURA SOAP?"

"There is nothing the matter with my skin, and I thought Cuticura Soap was only for skin troubles." True, it is for skin troubles, but its great mission is to prevent skin troubles. For more than a generation its delicate emollient and prophylactic properties have rendered it the standard for this purpose, while its extreme purity and refreshing fragrance give to it all the advantages of the best of toilet soaps. It is also invaluable in keeping the hands soft and white, the hair lustrous and glossy, and the scalp free from dandruff and irritation.

While its first cost is a few cents more than that of ordinary toilet soaps, it is prepared with such care and of such materials, that it wears to a wafer, often outlasting several cakes of other soap, and making its use, in practice, most economical. Cuticura Soap is sold by druggists and dealers everywhere, but the truth of these claims may be demonstrated without cost by sending to "Cuticura," Dept. L, Boston, for a liberal sample cake, together with a thirty-two page book on the skin and hair.

Father Now in Second Place.

She was a prim miss of thirteen who stood before the rector of a well known New York Episcopal church and looked him squarely in the eye. "Please repeat the fifth commandment again," he said, for he was catechizing her with regard to her knowledge of the Scriptures apropos of the coming confirmations. "Honor thy mother and thy father, that thy days may be long in the land which the Lord thy God giveth thee," was the sponse. "Honor thy mother and thy father," murmured the rector. "Who taught you that?" "Mother," was the response. "These are certainly sufficient days upon which we have fallen," remarked the minister. "Father used to come first."

Shot With a Knife.

Years ago in a stock performance of a famous old melodrama, the villain, Charles Wolcott, suddenly discovered that he had left his revolver in the dressing room. In much confusion, he fumbled in his pocket and found a penknife which, he figured, would do just as well for the bloody deed. Imagine his consternation when, after plunging the blade into the hero's breast, that player failed to change his lines and screamed at the top of his voice: "Heaven forgive you! I'm shot."

Making Good.

"Sire," expostulated Nero's confidential adviser, "what do you propose to do to rehabilitate this burning city of Rome so that its inhabitants will not hold the devastating conflagration against you?" "Oh, fiddle!" retorted Nero. "Which he did."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fitch*.

In Use For Over 30 Years. Children Cry for Fletcher's Castoria.

New Commandment.

Senator Penrose, apropos of President Taft's anti-monopoly message, said the other day, with a smile: "In the past we were forbidden to put our trust in riches, but now we are forbidden also to put our riches in trusts."

If You Are a Trifle Sensitive

About the size of your shoes, you can wear a size smaller by shaking Allen's Foot Ease, the antiseptic powder, into them. Just the thing for Dancing Parties and for breaking in New Shoes. Sample Free. Address Allen S. Olmsted, Le Roy, N. Y.

Occasionally a bachelor thinks he will marry a certain girl until he discovers that she thinks likewise, also.

Mrs. Winslow's Soothing Syrup for Children soothes the gums, reduces inflammation, allays pain, cures wind colic, etc. a bottle.

Some men make matters worse if they try to explain.

HEALTH FOR THE CHILD.

The careful mother, watching closely the physical peculiarities of her children, soon learns that health is in a great measure dependent upon normal, healthy, regular bowel action. When the bowels are inactive, loss of appetite, restlessness during sleep, irritability and a dozen and one similar evidences of physical disorder are soon apparent.

Keep the bowels free and clear and good health is assured. At the first sign of constipation give the child a teaspoonful of Dr. Caldwell's Syrup Pepsin at bed-time and repeat the dose the following night, if necessary. You will find the child will quickly recover its accustomed good spirits, and eat and sleep normally.

Dr. Caldwell's Syrup Pepsin is far preferable to salts, cathartics and purgative waters which are harsh in their action. Syrup Pepsin acts on the bowels easily and naturally, yet positively, and causes no griping or discomfort. Its tonic properties build up the stomach, liver and bowels, restoring their normal condition.

Druggists everywhere sell Dr. Caldwell's Syrup Pepsin in 50c and \$1.00 bottles. If you have never tried this remedy, send for a sample to Dr. W. B. Caldwell, 201 Washington St., Monticello, Ill. He will gladly send a trial bottle without any expense to you whatever.

AT THE TELEPHONE.



Reuben—Stop hollerin' at me to hold the wire, when there's not a darn piece o' wire in the room to hold!

Too Thin.

"The greatest curiosity I ever came across in the course of a long experience," said the first broker, "is a man who comes into our office every day, watches the ticker like a hawk for five hours, and pays cash for everything he buys."

"I can beat that by a mile," replied the second broker. "A man came into our place awhile ago and started to trade actively in Reading and Union on a five-point margin. He had \$5,000 when he began. In six months he had \$50,000. Then do you know what he did? He put his money into first mortgage bonds—and quit."

The first broker looked almost dazed. "I hate to do it," he murmured, "but I've just got to. You're a liar!"—Puck.

Humorous Thrust.

"How—?" The savage chief held a glittering spear near the captive missionary. "do you like this?" His tone was not facetious, but the captive was undismayed. "Well, if you ask me—" He glanced at the weapon, the propriety of which was not comforting. "It goes against my stomach!" Unfortunately, however, the captive was in a locality where there is no market for humor, and the end came soon.

How He Was Hurt.

Sunday School Teacher.—And when the prodigal son came home, what happened, Tommy? Tommy—His father ran to meet him and hurt himself. Sunday School Teacher.—Why, where did you get that? Tommy—It said his father ran and fell on his neck, I bet it would hurt you to fall on your neck!

Stingy Thing.

She—Oh, I have no doubt you love me; but your love lacks the supreme touch—unselfishness. He—What makes you say that? She—You admit it. You want me for yourself alone, you say.

A Match.

"The big prizes in life are few." "So are the big winners."—Baltimore American.

TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO GUININE Tablets. They're refund money if it fails to cure. E. W. GROVE'S signature is on each box.

Platonic friendship and perpetual motion are all right theoretically, but they refuse to work.

A woman doesn't care what her husband earns; it's what she gets out of it that counts.

To Dyspeptics: Others have found a steady course of Garfield Tea a pleasant means of regaining health. Why not you?

A woman's mind is like a bed—it must be made up occasionally.

HIS MODESTY OF HIGH ORDER

Tinker, of Course, Loved His Neighbor as Himself, but That Wasn't Too Much.

Lord Tankerville, who is sending his son to an American school, said the other day in New York:

"There are too many Englishmen—and English boys as well—who develop, in the presence of a lord, a painful and unnatural modesty. Their modesty reminds me of a village tinker."

"This tinker had a rather crusty disposition, and his pastor said to him one day:

"My man, you should love your neighbor as yourself."

"But the pastor had in mind a nasty black eye that the tinker had given the bricklayer next door, and so he went on:

"Do you, though, do you honestly love your neighbor as yourself?"

"Yes, sir; oh, yes, sir," said the tinker; and he added, "but I'm a modest man, ye see, and, to tell the truth, I ain't a bit stuck on myself, sir."

Come of Laziness.

A story is told of a man who held the Kansas record for laziness. As he was too lazy to do anything at all, his neighbors finally decided to bury him alive. They laid him in the bottom of the wagon and started for the cemetery. On the way they were met by a man who asked what they were doing with that man.

"He won't work, and he has nothing to eat, so we are taking him to the cemetery to bury him alive," was the reply.

Touched with pity, the stranger said:

"Friends, I have a sack of corn here that he is welcome to."

Hearing this, the lazy man raised his head long enough to inquire:

"Is it shelled?"

"No, it isn't, but—"

"Drive on," interrupted the doomed man, as his head disappeared from view.

A Dead One.

Hewitt—You should say nothing but good of the dead. Jewell—But I hate to praise you to your face.

TO DRIVE OUT MALARIA AND HOLD UP THE SYSTEM

Take the old standard medicine, *CARTER'S LITTLE LIVER PILLS*. You know what you are taking. The formula is plainly printed on every bottle, showing its simple outline and how to take them, and the most effective form. For grown people and children, 50 cents.

Of Course.

"What would you do if you had a million dollars?"

"Nothing."

A Mean Disposition.

"Is Puffkins' all wrapped up in his motor car?"

"Not yet, but I have hopes."

The woman who cares for a clean, wholesome mouth, and sweet breath, will find Paxtine Antiseptic a joy forever. At druggists, 25c a box.

Even if a man does know his own mind he may not have cause to be proud of his acquaintance.

Most human maladies arise from wrong dieting. Garfield Tea gives immediate relief.

A married woman's description of an ideal man seldom fits her husband.



Dr. Pierce's Favorite Prescription

Is a positive cure for weakness and disease of the feminine organism. It allays inflammation, heals ulceration and soothes pain. Tones and builds up the nerves. Do not permit a dishonest dealer to substitute for this medicine which has a record of 40 years of cures. "No, thank you, I want what I ask for."

Dr. Pierce's Pleasant Pellets induce mild natural bowel movement each day.

Reduce The Feed Bill—Improve The Animals

Horses and Mules do more work; Cows give more and better milk and butter; Sheep and Goats grow better fleeces; Hens lay more eggs, and all as well as Cattle and Hogs take on more flesh and fat, and develop more rapidly and keep in better health and condition when fed on

Cottonseed Meal and Cottonseed Hulls

For Breeding or Raising Stock, Horses, Cows, Hens or Pigs. It is especially valuable. Send for free booklet containing much valuable information to Feeders and Stock Raisers to

THE BUREAU OF PUBLICITY

Interstate Cottonseed Crushers Association

601 Main Street, Dallas, Texas

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This paper is printed from ink made in Savannah, Ga. by the SOUTHERN OIL & INK CO., Savannah, Ga. Price 6 cents per pound. F. O. B. Savannah. Your patronage solicited.

SEEDS

Largest growers of southern farm and garden seeds in the world. Clover, Grass, Corn, Soy Beans, Peas, Potatoes, etc. We breed only positive heavy yielders. Inquiries, CATALOGUE FREE. Why hurry in 1913?

JOHN A. SALZER SEED COMPANY, Box 600, La Grange, Wis.

MOTHER OF LARGE FAMILY

Tells How She Keeps Her Health—Happiness For Those Who Take Her Advice.

Scottville, Mich.—"I want to tell you how much good Lydia E. Pinkham's Vegetable Compound has done me. I live on a farm and have worked very hard. I am forty-five years old, and am the mother of thirteen children. Many people think it strange that I am not broken down with hard work and the care of my family, but I tell them of my good friend, Lydia E. Pinkham's Vegetable Compound, and that there will be no backache and bearing down pains for them if they will take it as I have. I am scarcely ever without it in the house."



"I will say also that I think there is no better medicine to be found for young girls. My eldest daughter has taken Lydia E. Pinkham's Vegetable Compound for painful periods and irregularity, and it has helped her."

"I am always ready and willing to speak a good word for Lydia E. Pinkham's Vegetable Compound. I tell every one I meet that I owe my health and happiness to your wonderful medicine."

—Mrs. J. G. JOHNSON, Scottville, Mich., R.F.D. 3.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotics or harmful drugs, and today holds the record of being the most successful remedy for women's ills known.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. **CARTER'S LITTLE LIVER PILLS** gently but firmly compel a lazy liver to do its duty.

Cure Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

PARKER'S HAIR BALSAM

Cleaves and beautifies the hair. Promotes its growth. Prevents itching. Prevents hair falling. 50c and \$1.00 at all druggists.

THE NEW FRENCH REMEDY, No. 1, No. 2, No. 3

Used in French Hospitals with GREAT SUCCESS. CURE FOR PILES, HEMORRHOIDS, BRUISES, CHRONIC ULCERS, RHEUMATISM, BURNING, ITCHING, AND ALL SKIN DISEASES. Sold by Dr. J. C. Fitch, 201 Washington St., Boston, Mass.

Readers of this paper desiring to buy anything advertised in its columns should insist upon having what they ask for, refusing all substitutes or imitations

Backache

Is only one of many symptoms which some women endure through weakness or displacement of the womanly organs. Mrs. Lizzie White of Memphis, Tenn., wrote Dr. R. V. Pierce, as follows:

"At times I was hardly able to be on my feet. I believe I had every pain and ache a woman could have. Had a very bad case. Internal organs were very much diseased and my back was very weak. I suffered a great deal with nervous headaches, in fact, I suffered all over. This was my condition when I wrote to you for advice. After taking your 'Favorite Prescription' for about three months can say that my health was never better."

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